

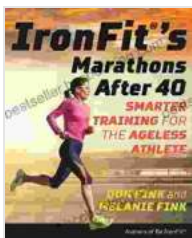
Ironfit Marathons After 40: The Ultimate Guide for Over-40 Runners

Are you over 40 and dreaming of running a marathon?

If so, you're not alone. More and more people over the age of 40 are taking on the challenge of running a marathon. And with the right training and preparation, it's something that you can achieve too.

Ironfit Marathons After 40 is the ultimate guide for runners over 40 who want to achieve their running goals.

This comprehensive book provides everything you need to know about training, nutrition, recovery, and more.



IronFit's Marathons after 40: Smarter Training for the Ageless Athlete by Don Fink

★★★★☆ 4.6 out of 5

Language : English
File size : 10961 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 224 pages



In Ironfit Marathons After 40, you'll learn:

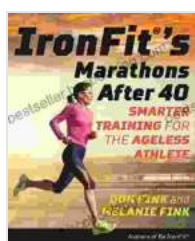
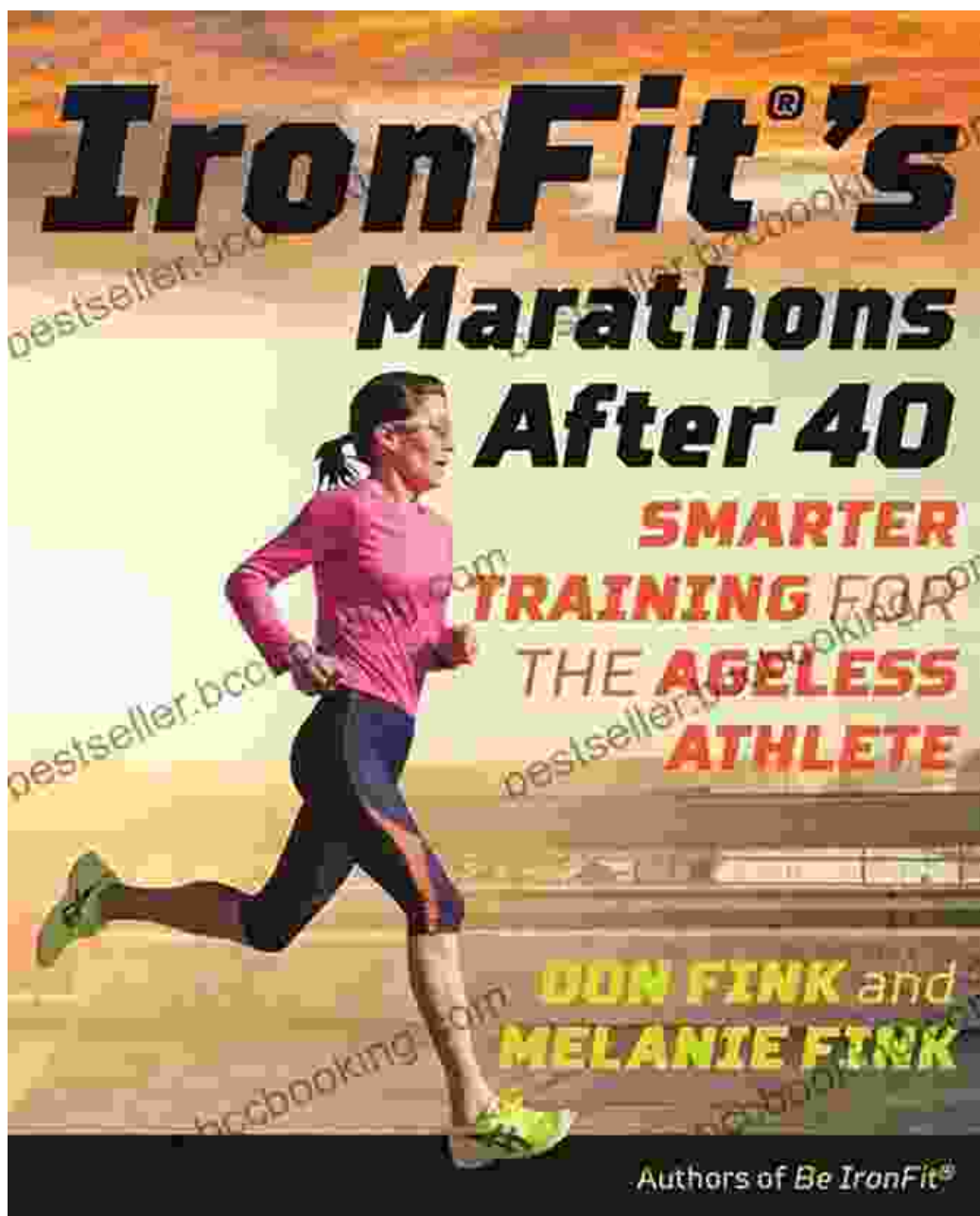
- How to choose the right training plan for your age and fitness level

- The best way to fuel your body for training and racing
- How to recover from your runs and avoid injuries
- Mental strategies for staying motivated and overcoming challenges
- Race day tips and strategies

Whether you're a beginner or an experienced runner, Ironfit Marathons After 40 has something for you.

This book is packed with valuable information and advice that can help you achieve your running goals.

Free Download your copy of Ironfit Marathons After 40 today and start your journey to a healthier, more fulfilling life!



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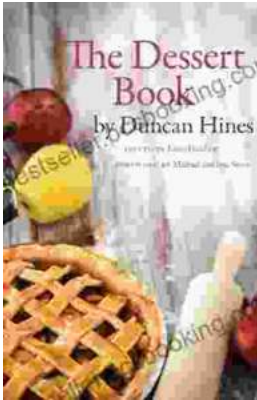
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